

**Senior Resource Center  
County Plan on Aging  
2016-2018  
DRAFT**

## **TABLE OF CONTENTS**

- 1. Verification of Intent**
- 2. Executive Summary**
- 3. Organization and Structure of the Aging Unit**
- 4. Context**
- 5. Public Involvement in the Development of the County Aging Plan**
- 6. Goals for the Plan Period**
- 7. Coordination Between Titles III and VI**
- 8. Budget**
- 9. Compliance With Federal and State Laws and Regulations**
- 10. Assurances**
- 11. Appendices**

## **1. Verification of Intent**

This plan represents the intent of the county to assure that older people have the opportunity to realize their full potential and to participate in all areas of community life.

On behalf of county, we certify that these organizations have reviewed the plan, and have authorized us to submit this plan which outlines activities to be undertaken on behalf of older people during 2016-2018.

We assure that the activities identified in this plan will be carried out to the best of the ability of the county.

We verify that all information contained in this plan is correct.

---

Signature, and Title of the Chairperson of the Commission on Aging	Date
--	------

---

Signature, and Title of the Authorized County Board Representative	Date
--	------

## **2. Executive Summary**

**The Senior Resource Center has developed a plan for the organization that oversees the services provided to Sawyer County residents ages 60+. The plan is summarized by the following goals for years 2016-2018:**

**In order to involve older people in the aging-related program development and planning, starting in 2016 the Senior Resource Center (SRC) will coordinate with the local AARP Chapter to complete a study, outreach, advocate and market to Sawyer County residents, 60+, who feel uncomfortable participating in activities provided by the SRC and other senior programs offered throughout the community. Our goal will be to increase participation and decrease isolation of these residents throughout the county, through this involvement of seniors advocating to the people who do not want to be considered “seniors” that aging can be fun and we are working on more and more opportunities for them.**

**The SRC goal for our Elder Nutrition Program is to revitalize and create a new image for the senior meal sites throughout Sawyer County, the SRC will rebrand/rename the senior dining program names to take out the word “senior” and market this new concept by the completion of 2016.**

**The SRC has already been in contact with and is planning to coordinate and partner with the LCO Aging Unit for our Adult Respite program, in support of the caregivers in Sawyer County. We will also develop a brochure to market and promote the program by December 31, 2016.**

**In Sawyer County there has been a Dementia Network that has been formed, which our new Adult Respite Coordinator is now a member of. They have been working on a plan to make Sawyer County more “Dementia Friendly”. The SRC will partner with the local Dementia Network in Sawyer County to promote their Dementia Friendly Business plan by December 31, 2016.**

**In order to provide more evidence-based programming in Sawyer County, the SRC will continue to market and expand our recently added “Stepping On” classes. The number of classes and locations offered will be dependent upon the funding available and the required professionals that are willing to assist with the class, especially to outlying parts of the county by December 31, 2016.**

**As a local goal, the SRC Board of Directors is adding a Health & Safety Committee for the SRC, which will be headed up by two board members who have extensive background in the health and emergency preparedness fields. Our goal is to assure that all staff are trained in emergency preparedness and health/safety measures that may be needed at the rural meal sites that they staff throughout Sawyer County. The committee will also develop policies for required emergency preparedness and health/safety training, which will include (CPR/AED) training for all staff at all SRC locations (sites) by December 31, 2016.**

**A goal for 2017 will be for the Elder Benefit program to increase assistance to older individuals when applying for Medicare Part D. The SRC will develop a volunteer program to assist the Elder Benefit Specialist (EBS) in screening individuals during the Medicare Part D Planfinder Open Enrollment period by October 1, 2017.**

**The SRC realizes the importance of promoting healthy eating. As per requested by residents in our survey for both nutrition and healthy aging, we would like to provide nutrition education by offering “Healthy Hands On Cooking Classes” by end of December 2017, for improving nutrition and weight control. We will consult with the Wisconsin Institute of Health Aging (WIHA) and the GWAAR nutrition group for suggestions as to the best programing to offer.**

**In order to better serve and meet the needs of caregivers in Sawyer County, the SRC will attempt to collaborate with the LCO Aging Unit and the Dementia Network to investigate the development of a Caregiver Coalition in Sawyer County by December 31, 2017.**

**In order to reach out to the rural areas of Sawyer County in order to increase awareness and educate individuals on dementia and its effects, the SRC will coordinate with the local Dementia Network to promote and schedule a “Memory Screening Day” at each of the meal sites in Sawyer County by December 31, 2017. Locally a concern raised has been the personal protection of seniors while they are out in the community and while home alone, where many are in very isolated areas. To assure seniors are aware of personal safety measures regarding self-protection, the SRC will coordinate with the local sheriff/police departments and rod & gun clubs to offer self-defense and gun safety classes to seniors by December 31, 2017.**

**In order to involve the older people of the community in the aging-related program development & planning, the SRC will form a committee to develop a Senior Resource Information & Assistance Directory by October 31, 2018 with completion and distribution of the directory scheduled by December 31, 2018. We will investigate the possibility of partnering with the ADRC and the local newspaper.**

**By the end of December 2018, the SRC as a goal to reach out to and provide nutrition services to the very isolated, rural seniors in Sawyer County. Part of this goal is to partner with businesses, organizations and individuals in these rural communities, to serve as many of these individuals as possible by December 31, 2018.**

**The SRC will work with the LCO Aging Unit, Dementia Network and the Caregiver Coalition (if formed) to identify the needs of caregivers not being met and develop a plan for meeting those needs by December 31, 2018.**

**The SRC will work with the LCO Aging Unit, Caregiver Coalition (if formed), the Alzheimer's Association and the Dementia Network to develop and offer a special event day or conference in Sawyer County to raise awareness of Alzheimer's disease and related disorders by December 31, 2018.**

**Surveying the community, it has been highly requested to offer programs that provide physical activity for active seniors, both male and female. Because of this, the SRC will work with Wisconsin Institute of Healthy Aging (WIHA) to find an evidence based class that that will fit this request. We will then determine the best class available, train volunteer leaders, and offer this class by December 31, 2018.**

**As a local goal and in order to make the Senior Resource Center and its meal sites more accessible for individuals with sight impairments, the SRC will contact the Division of the Visually Impaired to complete a "Walk Thru" or assessment of the Senior Center and the meal sites to determine what actions can be taken to make it more accessible by December 31, 2018.**

**As with the previous goal, with recognizing residents with disabilities, we would like to make the Senior Resource Center more accessible for individuals with hearing loss. The SRC will contact the Division of the Hearing Impaired and determine what types of appliances are available to assist individuals in groups or individually and seek out funding to make them available in the Senior Resource Center by December 31, 2018.**

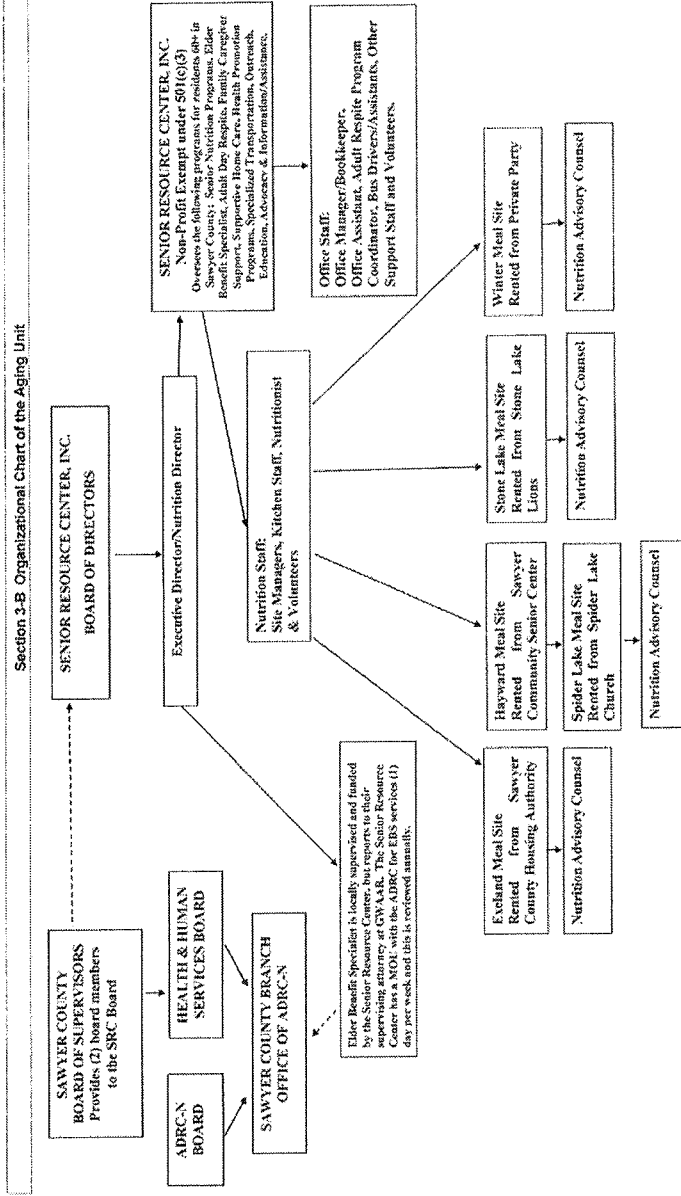
**3. Organization and Structure of the County Aging Unit**  
**3-A Mission Statement and Description of the Aging Unit**

**Senior Resource Center Mission Statement: To serve, support, assist and advocate for the older adults of Sawyer County and their caregivers to achieve active fulfilled independent and healthy lives.**

**For information in regards to the Senior Resource Center or to ask questions or make comments on this plan, please contact:**

**Linda A. Hand, Executive Director  
Senior Resource Center  
15856 E. 5<sup>th</sup> Street  
Hayward, WI 54843  
715-634-3000  
linda@seniorresourcecenternorth.org**

### 3. Organization and Structure of the County Aging Unit 3-B Organizational Chart of the Aging Unit





### **3. Organization and Structure of the County Aging Unit**

#### **3-C Aging Unit Coordination With ADRCs**

The Senior Resource Center (Aging Unit) is a private non-profit corporation that serves the residents of Sawyer County age 60+. It is not integrated with the Sawyer County ADRC, we are organizationally separate and our offices are housed in different buildings. The Senior Resource Center and the Sawyer County ADRC have an MOU for the Elder Benefit Specialist, which is part of the Senior Resource Center (Aging Unit). The Senior Resource Center will collaborate with the ADRC to carry out our goals set forth for 2016-2018, as noted in the plan.

### 3. Organization and Structure of the County Aging Unit

#### 3-D Statutory Requirements for the Structure of the Aging Unit

Chapter 46.82 of the Wisconsin Statutes sets certain legal requirements for aging units.

<b>Organization:</b> The law permits one of three options. Which of the following permissible options has the county chosen?	<b>Check One</b>
1. An agency of county/tribal government with the primary purpose of administering programs for older individuals of the county/tribe.	
2. A unit, within a county/tribal department with the primary purpose of administering programs for older individuals of the county/tribe.	
3. A private nonprofit corporation, as defined in s. 181.0103 (17).	X
<b>Organization of the Commission on Aging:</b> The law permits one of three options. Which of the following permissible options has the county chosen?	<b>Check One</b>
1. For an aging unit that is described in (1) or (2) above, organized as a committee of the county board of supervisors/tribal council, composed of supervisors and, advised by an advisory committee, appointed by the county board/tribal council. Older individuals shall constitute at least 50% of the membership of the advisory committee and individuals who are elected to any office may not constitute 50% or more of the membership of the advisory committee.	
2. For an aging unit that is described in (1) or (2) above, composed of individuals of recognized ability and demonstrated interest in services for older individuals. Older individuals shall constitute at least 50% of the membership of this commission and individuals who are elected to any office may not constitute 50% or more of the membership of this commission.	
3. For an aging unit that is described in (3) above, the board of directors of the private, nonprofit corporation. Older individuals shall constitute at least 50% of the membership of this commission and individuals who are elected to any office may not constitute 50% or more of the membership of this commission.	X
<b>Full-Time Aging Director:</b> The law requires that the aging unit have a full-time director as described below. Does the county have a full-time aging director as required by law?	<b>Yes</b>

### 3. Organization and Structure of the County Aging Unit 3-E Membership of the Policy-Making Body

Chapter 46.82 of the Wisconsin Statutes sets certain legal requirements for aging units.

"Members of a county/tribal commission on aging shall serve for terms of 3 years, so arranged that, as nearly as practicable, the terms of one-third of the members shall expire each year, and no member may serve more than 2 consecutive 3-year terms." In the case of county board/tribal council members, the requirement is 3 consecutive 2-year terms.

Senior Resource Center, Inc. Board of Directors				
Name	Age 60 and Older	Elected Official	Month/Year Started	Expires
<b>Chairperson:</b> Jeff Hoivik	X		May 2013	April 2019
<b>Vice Chair:</b> Signe Lawson-Jones	X		May 2013	April 2019
<b>Secretary:</b> Eileen Timmerman	X		July 2011	June 2017
Robert Denison	X		April 2012	March 2018
Kathy McCoy		X	May 2010	April 2016
Bruce Paulson	X	X	May 2010	April 2016
Rose Webb	X		July 2012	June 2018
John Wittmus	X		February 2012	January 2018
Bruce Little	X		April 2015	March 2021
Louise Ladenthin	X		July 2015	June 2021
Carol Bacon	X		April 2015	March 2021

### 3. Organization and Structure of the County Aging Unit 3-F Membership of the Advisory Committee

### 3. Organization and Structure of the County Aging Unit 3-G Staff of the Aging Unit

Listed below are the people employed by the County Aging Unit. Attach additional pages as needed.

Name: Linda A. Hand  
Job Title: Executive Director  
Telephone Number/email Address:  
715-634-3000/linda@seniorresourcecenternorth.org

Brief Description of Duties: Reports to the SRC Board of Directors, administers all agency activities including the various grant-funded programs related to the Older Americans Act and the Wisconsin Elders Act, including the Senior Nutrition Program, Elderly Benefit Specialist Program, Family Caregiver Support Program, Health Promotion Program and Elderly & Disabled Specialized Transportation Program. Participates in local, regional, state and federal planning and advocacy functions. Director, HR, Marketing, Nutrition Director, PR, Budgets, Reports, Plans, Liaison to Community, County and State.

Name: Gloria Hagberg  
Job Title: Office Manager/Bookkeeper  
Telephone Number/email Address:  
715-634-3000/gloria@seniorresourcecenternorth.org

Brief Description of Duties: Reports to Director, Office Manager, Bookkeeper, Payroll, Lead I & A, SAMs, Nutrition Reporting, Coordinator of Transportation, Newsletter Editor

Name: Sally Gaca  
Job Title: Elder Benefit Specialist  
Telephone Number/email Address:  
715-634-3000/sally@seniorresourcecenternorth.org

Brief Description of Duties: Supervised by the Director/Reports to GWAAR Supervising Attorney, Advocacy for Seniors, I & A, Assistance with Benefit Programs to Sawyer County residents 60+, SAMs & SHIP reporting.

Name: Carol Nelson  
Job Title: Office Assistant  
Telephone Number/email Address/email Address: 715-634-3000

Brief Description of Duties: Supervised by the Office Manager, Enters SAMs Nutrition information, Receptionist of Front Office, MIPPA Assistance and other assigned office duties as needed.

Name: Sue Gold  
Job Title: Adult Day Respite Coordinator  
Telephone Number/email Address/email Address: 715-634-3000

Brief Description of Duties: Supervised by the Director, Oversees and coordinates the Adult Day Respite Program that meets on Thursdays from 9-3.

Name: Jill Bonicatto

Job Title: Nutritionist

Telephone Number/email Address/email Address: 715-634-3000

Brief Description of Duties: Supervised by the Nutrition Director, Reviews & Approves Menus, Visits Nutrition Sites, Makes Recommendations RE: Sanitation & Safety/Food Handling Procedures, Assists Nutrition Director with Developing Policies and Procedures of Nutrition Program.

Job Title: Meal Site Managers

Name:

- Exeland Senior Center: Bonnie Klinger 715-943-2990
- Hayward Senior Center: Barb Applebee 715-634-4680
- Stone Lake Senior Center: Peggie Johnson 715-865-2025
- Winter Senior Center: Ruth Brad 715-266-2233

Brief Description of Duties: The Site Managers supervise the daily activities of their assigned meal site and the employees/volunteers of that center. They prepare a nutritious meal daily for congregate and home delivered meals to their area. Locally they provide I & A to residents 60+ and refer them to the appropriate organization or office for specific needs.

#### 4. Context

	A	B	C	D	E	F	G	H	I	J
1	DEPARTMENT OF HEALTH SERVICES							STATE OF WISCONSIN		
2	Division of Long Term Care							Page 2		
3	P-00138A (10/2009)									
4	County Population Projections Through 2035									
5	Population Age 60+									
6										
7		60+	60+	60+	60+	60+	60+	60+	% 60+	% 60+
8	County	2005	2010	2015	2020	2025	2030	2035	2005	2035
66	SAWYER	4,325	5,061	6,046	7,147	8,009	8,357	8,490	25.1%	41.3%

Inserted above is the DHS County Population Projections Through 2035 for Sawyer County, Wisconsin, for the population we serve of residents 60+. From this information you can see the current population of 60+ is at approximately 6046 and is projected to increase to 8490, which is growth of over 2444. The percentage of residents 60+ was approximately 25.1% of the Sawyer County population in 2005 and is projected to increase to over 41.3% by 2035.

We recently provided a survey by way of distribution to each of the meal sites located in Hayward, Winter, Exeland, Stone Lake & Spider Lake, at the Sawyer County Fair, an Open House in Hayward, through churches, an online version and it was printed in both the Sawyer County Record and Sawyer County Gazette. This was followed up by listening sessions at each of the five meal sites and we are still distributing this survey to the community. We would like to receive as much feedback as possible, especially from those in the 60+ population who do not use our services, to find out why they do not.

**From the responses we have received thus far, we are finding that these areas seem to be the most requested:**

Healthy Eating Options, which includes requests for cooking classes

Preferred dining atmosphere experience were Northwoods Lodge style, Fine Dining & Café/Bistro – comments that our center looks to “institutionalized”

Requests for more activities to be offered, including active exercise options

Requests for trips/outings

Reasons why they do not participate were mainly that they do not think of themselves as old enough “seniors”, hard to meet new people, accepting they can participate even though they can cook and/or they can afford to eat out.

**Long-term care** is defined by Wikipedia, as a variety of services which help meet both the medical and non-medical needs of people with a chronic illness or disability who cannot care for themselves for long periods of time. It is common for long-term care to provide custodial and non-skilled care, such as assisting with normal daily tasks like dressing, and using the bathroom. Increasingly, long-term care involves providing a level of medical care that requires the expertise of skilled practitioners to address the often multiple chronic conditions associated with older populations. Long-term care can be provided at home, in the community, in assisted living facilities or in nursing homes. Long-term care may be needed by people of any age, although it is a more common need for senior citizens.

Many people do not want to enter a nursing, but want to continue living in their own home as long as possible. The services we provide focus on these areas. There are some that receive our services that do not need long-term care, but eventually just about everyone will need some form of it and the more we can provide, the better their chances are of staying where they want to be – home.

The Senior Resource Center (SRC) oversees the following programs for residents 60+ throughout rural Sawyer County:

**Senior Nutrition Program** which has five (5) meal site locations throughout the county, in Exeland, Hayward, Spider Lake, Stone Lake & Winter. From these rural sites we serve congregate meals in house and have volunteers who drive home delivered meals to the Senior Resource Center County Plan on Aging: 2016-2018 – DRAFT

homebound 60+ population. These sites are open during the day to provide a place for residents 60+ to have a place to socialize and have activities, which is a way to fight the isolation that exists for those residents in our rural communities.

***Elder Benefit Specialist*** is an advocate who is available to assist Sawyer County residents 60+ with state and federal benefit programs such as Social Security, SSI, Medicare, Medicaid, Foodshare, application for grants and many other programs and issues.

***Adult Day Respite*** is provided on Thursdays from 9 a.m. – 3 p.m. at the SRC to provide a break for the caregivers of those with Alzheimer's and other dementia related disorders in Sawyer County.

***Caregiver Support*** is provided through the Adult Day Respite program and the support group that meets the 2<sup>nd</sup> Tuesday of each month at 1:00 p.m. We also provide for in home services if requested by a caregiver, to relieve them from the stress and additional duties that they are providing for their loved one, by use of our III-E Family Caregiver funding. Our Adult Respite Coordinator is now a member of the local Dementia Network and we look forward to partnering with them and the LCO Aging Unit, to provide additional assistance to caregivers in Sawyer County.

***Evidence-Based Health Promotional Programing*** has been provided for in 2014 and 2015 by starting up an Evidence-Based Yoga Class. We started with one class and it has grown to (4) four one hour classes each week at the SRC in Hayward. Classes are offered as free to those 60+ and there is a charge of \$5 for those under 60. We have a wonderful yoga instructor who is also a senior and she has grown this program by leaps and bounds. Each class has from 9-20+ participants. Starting in 2016, yoga will not be considered high evidence-based, therefore we are looking for other options for funding to continuing the program, since it has become so highly attended and appreciated. Our yoga instructor and massage therapist have attended the Evidence-Based Stepping On Program training and are now certified. Stepping On Classes will be starting in September 2015 at the SRC. Essentia Health has partnered with the SRC for this new program offering to the community. We will provide these classes as often as possible, when funding will allow and partnership of professionals is available.

***Transportation*** The SRC bus provides transportation for residents 55+ or disabled within 5 miles of the City of Hayward. The bus seats 12 adults and two wheel chairs. It runs Monday-Friday, from 9:00 a.m. – 3:00 p.m. with a charge of \$1 each way. During peak hours (before) 9 a.m. and (after) 3 p.m. the charge is \$2 each way. A discount is available for those who qualify, which is .50 cents regular hours and \$1 peak hours each way. We also provide for a volunteer driver program, which is county wide. This program will take residents 55+ or disabled for medical or dental appointments within or out of Sawyer County, when a volunteer driver is available. The charge for this service is .20 cents per mile and the SRC supplements this with the additional .30 cents per mile to pay the driver a total of .50 cents per mile.

The SRC coordinates with the ADRC with referrals of services they offer and we have a MOU with them for our Elder Benefit Specialist to provide services at the ADRC one (1) day per week.

The issues that we are dealing with at this time is the budget cuts that we have received in funding for our nutrition program. This along with the lack of increases in funding from federal, state and county for other suggested/requested programs to offer, has caused us to make cuts in programing and increase our time spent on fundraising. The cost of living continues to increase, but the funding either decreases or has no significant increase to keep up with the economy. Our challenges include marketing to a very diverse 60+ population. This diversity does not have to do with race, religion or political views. It has more to do with how “seniors” 60+ view themselves and how they fit into the mold of *growing old*.

This is an excerpt from an article that was taken from the National Institute on Aging website:  
<https://www.nia.nih.gov>

**Living Long & Well in the 21st Century: Strategic Directions for Research on Aging**

“The face of aging in the United States is changing dramatically. People are living longer, achieving higher levels of education, living in poverty less often, and experiencing increasingly lower rates of disability. Life expectancy nearly doubled during the 20th century with a ten-fold increase in the number of Americans age 65 or older. Today, there are approximately 35 million Americans age 65 or older, and this number is expected to double in the next 25 years. The oldest old—people age 85 or older—constitute the fastest growing segment of the U.S. population. Currently about four million people, this population could top 19 million by 2050. And living to 100 is becoming increasingly commonplace. In 1950, there were approximately 3,000 American centenarians. By 2050, there could be nearly one million. The challenge for the 21st century will be to make these added years as healthy and productive as possible and to continue the current trend of decline in disability across all segments of the population.

Modern medicine and new insights into lifestyle and other environmental influences are allowing a growing number of people to remain healthy and socially and emotionally vital into advanced ages. As life expectancy increases, however, diseases and conditions that threaten the health of older people remain a concern. For example, more than half of all Americans 65 or older show evidence of osteoarthritis in at least one joint. One in every two women and one in four men over age 50 will break a bone due to osteoporosis. Alzheimer’s disease (AD), cardiovascular disease, cancer, and diabetes remain widespread among older Americans. In addition, many older Americans suffer from multiple health problems, and the existence of such comorbidities often complicates treatment and can dramatically affect quality of life.”

The aging population is booming, but they are healthier and living longer. The bad thing about living longer is that more and more will reach an age that they would not have in the past. In turn they will have higher chances to acquire diseases and conditions that they would not have had if they did not live so long. At the aging unit we have close to five decades of residents that we are serving. Many of the pre 60’s are caregivers for their parents, grandparents and older spouses/partners. Then we have those that are in their 60’s, 70’s, 80’s, 90’s and over. They each have a different preference to what type of food they prefer, the younger leaning towards more healthy and the oldest preferring the old home style – meat, potatoes and gravy. Due to education, though, more and more are requesting healthier meal options. These groups all have a different preference to music. An example would be an event we held and it was recommended Senior Resource Center County Plan on Aging: 2016-2018 – DRAFT



to hire a specific musician who played polkas and waltzes. There was dancing, but then the ones who did dance were upset that not many others did and some people left. Later that evening a couple approached me and said they had fun, but would have preferred the “Beach Boys” type of music. Through much research, surveys and just conversation locally, we have found that there are MANY people who will not attend the centers, because they do not want to be considered a “Senior”. They admit that they will take the discount at a restaurant, but do not want to walk through the doors of a building that is specifically called a Senior Center! This has all caused a disenchantment with the ones who have been coming and are very resistant to the proposed ideas of change, revitalization and the rebranding/renaming of meal sites to attract a broader population and make them feel comfortable to walk through those doors.

We have worked very hard to partner with organizations and businesses that have never been involved with or educated on the benefits of the Senior Resource Center and our role in throughout Sawyer County now and into the future. After our budget cuts in 2014, we started a campaign to educate the residents of Sawyer County of our purpose and that we are a non-profit 501(c)(3). Through this advocating and education, we have had many organizations agree to and approach us to partner in various events. We have worked with the schools in the district to hold activities, which welcomed the children to have fun with their elders and learn what they have to teach them. Many high school students have come forward to assist in our fundraisers, deliver Meals on Wheels and hold competitions at their schools to raise awareness and money for the SRC. We have partnered with the food shelves throughout the county to raise awareness of those who may not have enough food and the isolation of individuals in our rural county. Many businesses and organizations have opened their arms to us, to assist with donations of money, in-kind items for our centers and prizes for fundraisers. The Senior Resource Center has been very fortunate and we will continue to advocate and educate our community of the programs we offer.

<http://www.careerplanner.com/Career-Articles/Generations.cfm>

**The Generations\* What Generation are You? By Michael T. Robinson**

(These are Western Cultural Generations. Japan and Asia and portions of Europe will have their own generational definitions based on major cultural, political, and economic influences.)

<b>Generation Name</b>	<b>Births Starting</b>	<b>Births Ending</b>	<b>Youngest Age Today</b>	<b>Oldest Age Today</b>
The Lost Generation - The Generation of 1914	1890	1915	100	125
The Interbellum Generation	1901	1913	102	114
The Greatest Generation	1910	1925	90	105
The Silent Generation	1923	1944	71	92
Baby Boomer Generation	1945	1964	51	70
Generation X	1961	1981	34	54
Generation Y - The Millennials - Gen Next	1975	1995	20	40
Generation Z	1995	2015	0	20

Note: Dates are approximate and there is some overlap because there are no standard definitions for when a generation begins and ends.

## 5. Public Involvement in the Development of the County Aging Plan

*This is an article that I put in both the Sawyer County Record and the Sawyer County Gazette. This was also put on the front page of our website and on our Facebook Page with a link to our online survey. We also published the survey in both papers, so those that did not have access to our internet survey or to a meal site, might cut it out and send it in.*

### Senior Resource Center News

#### Linda Hand, Executive Director

This year is a monumental year for aging services. First of all, it marks the 50<sup>th</sup> anniversary of two very important pieces of legislation... the Older Americans Act and Medicare. In addition, this is the 80<sup>th</sup> anniversary of Social Security.

**Older Americans Act 101...** Federal legislation enacted to improve the lives of older Americans and enhance their ability to maintain as much independence as possible. Federal funds are allocated to states on an annual basis to provide services such as Meals on Wheels, transportation, caregiver support, elder abuse prevention, legal services and many other types of support. These allocations were never intended to fully fund these programs, but rather were more like "seed" money.

From a local standpoint, this is also a big year for the Senior Resource Center. It is the year which we develop our three year plan for how we are going to design, create, improve or expand programs and services for older adults in Sawyer County. Yes, this is a requirement to get some of our funding and I will admit that the paperwork for it is quite extensive. The fun part is meeting with the people in our rural communities and hearing what they have to say. This way we can make sure that we are moving in the right direction, to sustain and improve our services for residents 60+ into the future.

We are distributing this survey throughout Sawyer County, with hopes that as many people 60+ will take the time to give us your opinions. Surveys can also be found at any of our meal sites, online at [www.seniorresourcecenternorth.org](http://www.seniorresourcecenternorth.org) and on our Facebook Page – **Senior Resource Center located in Sawyer County, WI**

Lunch Listening Sessions are scheduled from 12:00 – 12:30 on the following dates and locations:

Monday, August 17<sup>th</sup> @ the Spider Lake Church 12104N Lower Twin Lake Rd, Hayward

Tuesday, August 18<sup>th</sup> @ the Hayward Senior Center 15856 E Fifth St, Hayward

Wednesday, August 19<sup>th</sup> @ the Cranberry Café A.K.A. Stone Lake Senior Center 16831W Frost St, Stone Lake

Thursday, August 20<sup>th</sup> @ the Exeland Senior Center – 946 N Washington Ave Suite 1, Exeland

Thursday, August 20<sup>th</sup> @ the WALDO Center A.K.A. Winter Senior Center – 5141 Arntz Ave, Winter

*This is a copy of the letter that was attached to the survey that we distributed throughout the county, prior to the listening sessions. I have listed the approximate number of people who attended at each session.*

This year is a monumental year for aging services. First of all, it marks the 50<sup>th</sup> anniversary of two very important pieces of legislation... the Older Americans Act and Medicare. In addition, this is the 80<sup>th</sup> anniversary of Social Security.

**Older Americans Act 101...** Federal legislation enacted to improve the lives of older Americans and enhance their ability to maintain as much independence as possible. Federal funds are allocated to states on an annual basis to provide services such as Meals on Wheels, transportation, caregiver support, elder abuse prevention, legal services and many other types of

support. These allocations were never intended to fully fund these programs, but rather were more like “seed” money.

From a local standpoint, this is also a big year for the Senior Resource Center. It is the year which we develop our three year plan for how we are going to design, create, improve or expand programs and services for older adults in Sawyer County. Yes, this is a requirement to get some of our funding and I will admit that the paperwork for it is quite extensive. The fun part is meeting with the people in our rural communities and hearing what they have to say. This way we can make sure that we are moving in the right direction, to sustain and improve our services for residents 60+ into the future.

We are distributing this survey throughout Sawyer County, with hopes that as many people 60+ will take the time to give us your opinions. Please return your survey to your local senior center or mail, fax or email to the above addresses. We will then have listening sessions to discuss the results. Thank you for taking the time to complete this survey. We appreciate your input.

**Lunch Listening Sessions are scheduled from 12:00 – 12:30 at the following locations:**

Monday, August 17<sup>th</sup> @ the Spider Lake Church 12104N Lower Twin Lake Rd, **SPIDER LAKE – (0)**

Tuesday, August 18<sup>th</sup> @ the Hayward Senior Center 15856 E Fifth St, **HAYWARD – (21)**

Wednesday, August 19<sup>th</sup> @ the Cranberry Café A.K.A. Stone Lake Senior Center 16831W Frost St, **STONE LAKE – (10)**

Thursday, August 20<sup>th</sup> @ the Exeland Senior Center – 946 N Washington Ave Suite 1, **EXELAND – (20)**

Thursday, August 20<sup>th</sup> @ the WALDO Center A.K.A. Winter Senior Center – 5141 Arntz Ave, **WINTER – (0)**

***This is a copy of the letter that was sent out via email and postal mail to over 100 professionals (medical, churches and organizations having an interest in seniors) throughout Sawyer County. For a listening session of their input of our Aging Plan. I had some people who contacted me to say that they would come, but did not show. We had no professionals show for this listening session.***

This year is a monumental year for aging services. First of all, it marks the 50<sup>th</sup> anniversary of two very important pieces of legislation... the Older Americans Act and Medicare. In addition, this is the 80<sup>th</sup> anniversary of Social Security.

**Older Americans Act 101...** Federal legislation enacted to improve the lives of older Americans and enhance their ability to maintain as much independence as possible. Federal funds are allocated to states on an annual basis to provide services such as Meals on Wheels, transportation, caregiver support, elder abuse prevention, legal services and many other types of support. These allocations were never intended to fully fund these programs, but rather were more like “seed” money.

From a local standpoint, this is also a big year for the Senior Resource Center. It is the year which we develop our three year plan for how we are going to design, create, improve or expand programs and services for older adults in Sawyer County. Yes, this is a requirement to get some of our funding and I will admit that the paperwork for it is quite extensive. The fun part is meeting with the people in our rural communities and hearing what they have to say. This way we can make sure that we are moving in the right direction, to sustain and improve our services for residents 60+ into the future.

We have been distributing this survey throughout Sawyer County, with hopes that as many people 60+ will take the time to give us their opinions. It was also published in both the Sawyer County Gazette and Sawyer County Record, along with being posted in an online version via our website and Facebook Page - [https://docs.google.com/forms/d/1t-KVKmXsLoHlVKJXQUA5\\_hICf5\\_uT24tiJ-2SrMFekw/viewform](https://docs.google.com/forms/d/1t-KVKmXsLoHlVKJXQUA5_hICf5_uT24tiJ-2SrMFekw/viewform) We then had listening sessions in Spider Lake, Hayward, Stone Lake, Exeland and Winter to discuss the results and for the public to ask questions.

On Wednesday, August 26<sup>th</sup> at 2:00 p.m. we will have our final session for any professionals in our community, which have a concern for the residents of Sawyer County 60+. We will be meeting in the lower level of the Senior Resource Center, which is located at 15856 E. 5<sup>th</sup> Street, Hayward, WI.

If you are unable to attend, but would like to give some input, please email me at [linda@seniorresourcecenternorth.org](mailto:linda@seniorresourcecenternorth.org)

The comments that we received from the people that attended is that they were very satisfied with the services we were providing. Most indicated that they appreciated the healthier meal options that were being provided and would like more healthy options. A couple of people at the Exeland site said that they preferred the old home style meals and didn't like the healthier options. In Stone Lake, where we have started a breakfast option and changed the name to the Cranberry Café, they said that they were very happy with this addition for their community and by changing the name, many people in their 60's are attending that wouldn't attend before, because they did not feel old enough and many are busy or work during the day. They served over 400 breakfasts in July. The site manager surveyed some of these people to see what it would take, to get them to attend the evening meal and they responded that they would like to have a beer or glass of wine. The Stone Lake Center, which is house in the Stone Lake Lions Center, is considering partnering with the Lions to have them serve beer and wine at the Tuesday evening meal to see if this will bring additional seniors in. At the Hayward site there was requests for CPR/AED classes. They also said that they appreciated the healthy meal options. We also had a booth at the Sawyer County Fair and through conversations received feedback from people in the community who do not attend any sites, most because they do not feel old enough.

The Public Hearing of our County Plan on Aging 2016-2018 has been scheduled for Monday, September 28, 2015 at 11:00 a.m. at the Hayward Senior Center. This is the notice that has been sent to our (3) local radio stations – WHSM, WRLS & the LCO Station WOJB, (2) local newspapers – Sawyer County Record & Sawyer County Gazette, posted on our Facebook Page – Senior Resource Center located in Sawyer County, WI and our website [www.seniorresourcecenternorth.org](http://www.seniorresourcecenternorth.org).

You're invited to attend a  
**Public Hearing** on the

**2016-2018**  
**Senior Resource Center**  
**AGING PLAN**  
**For Sawyer County Residents**

**When:** Monday, Sept. 28, 2015 @ 11:00 a.m.

**Where:** Hayward Senior Center  
15856 E. 5<sup>th</sup> Street, Hayward, WI

**Aging programs and services play a major role in the health of our community.** The Senior Resource Center is undergoing a planning process to determine how best to provide the services that keep our residents age 60+ healthy and independent.

**But we need your input!**

We invite you to take a look at our plan and give us your feedback. To find a copy of the plan, stop by the Senior Resource Center Office or go online at

**[www.seniorresourcecenternorth.org](http://www.seniorresourcecenternorth.org)**

Written comments will be accepted until 09/28/2015. Please send comments to:

Senior Resource Center  
Attn: Aging Plan  
15856 E. 5<sup>th</sup> Street  
Hayward, WI 54843  
Email:

[linda@seniorresourcecenternorth.org](mailto:linda@seniorresourcecenternorth.org)

## **6. Goals for the Plan Period**

### ***6a. Involvement of Older People in Aging-Related Program Development and Planning***

1. To increase participation of the 60+ residents who currently feel uncomfortable participating in activities provided by the Senior Resource Center (SRC), the Senior Resource Center will coordinate/collaborate with the local AARP Chapter to outreach, advocate, and market the Senior Resource Center programs by December 31, 2016.
2. To increase assistance to older individuals when applying for Medicare Part D, the SRC will develop a volunteer program to assist the Elder Benefit Specialist (EBS) in screening individuals during the Medicare Part D Planfinder Open Enrollment period by October 1, 2017.
3. To increase awareness of programs and services available to seniors in Sawyer County, the SRC will form a committee to develop a Senior Resource Information & Assistance Directory by October 31, 2018 with completion and distribution of the directory scheduled for December 31, 2018. We will attempt to partner on this project with the ADRC and the local newspaper.

### ***6b. Elder Nutrition Program***

1. In order to revitalize and create a new image for the senior meal sites throughout Sawyer County, the SRC will rebrand/rename the senior dining program and market this new concept by December 31, 2016.
2. In order to promote healthy eating, the SRC will provide nutrition education by offering "Healthy Hands On Cooking Classes" by December 31, 2017.
3. In order to reach and provide nutrition services to very isolated, rural seniors, the SRC will partner with other businesses, organizations or individuals in their communities to serve these individuals by December 31, 2018.

### ***6c. Services in Support of Caregivers***

1. In order to increase participation in the Senior Resource Adult Respite Program, the SRC will coordinate and partner with LCO Aging Unit to develop a brochure to market and promote the program by December 31, 2016.
2. In order to better serve and meet the needs of caregivers in Sawyer County, the SRC will attempt to collaborate with the LCO Aging Unit and Dementia Network to investigate the development a Caregiver Coalition in Sawyer County by December 31, 2017.

3. The SRC will work with the LCO Aging Unit, Dementia Network and the Caregiver Coalition (if formed) to identify needs of caregivers not being met and develop a plan for meeting those needs by December 31, 2018.

#### **6d. Services to People with Dementia**

1. In order to make Sawyer County more "Dementia Friendly", the SRC will partner with the local Dementia Network in Sawyer County to promote their Dementia Friendly Business plan by December 31, 2016.
2. To increase awareness and educate individuals on dementia and its effects, the SRC will coordinate with the local Dementia Network to promote and schedule a "Memory Screening Day" at each of the meal sites in Sawyer County by December 31, 2017.
3. The SRC will work with the LCO Aging Unit, Caregiver Coalition (if formed), the Alzheimer's Association and the Dementia Network to develop and offer a special event day or conference in Sawyer County to raise awareness of Alzheimer's disease and related disorders by December 31, 2018.

#### **6e. Healthy Aging**

1. In order to provide more evidence-based programming in Sawyer County, the SRC will continue to market and expand the "Stepping On" classes by December 31, 2016. The number of classes and locations offered will be dependent upon the amount of funding available and the partnership of the professionals that are required to participate in the classes.
2. In order to meet participants requests to provide more opportunities to learn about healthy eating, the SRC will start "Healthy Cooking Classes" to improve nutrition and control weight by December 31, 2017.
3. In order to meet participant's requests to offer an evidence based class that provides physical activity for active seniors, the SRC will work with Wisconsin Institute of Healthy Aging (WIHA) to determine the best class available, train volunteer leaders, and offer class by December 31, 2018.

#### **6f. Local Priorities**

1. In order to assure all staff are trained in emergency preparedness and health and safety measures that may be needed in their jobs, the SRC Board of Directors will create a Health/Safety Committee to develop policies for required emergency preparedness and health/safety training (CPR/AED) for all staff at all SRC locations (Sites) by December 31, 2016.



2. To assure seniors are aware of personal safety measures regarding self-protection, the SRC will coordinate with the local sheriff/police departments to offer self-defense and gun safety classes to seniors by December 31, 2017.
3. In order to make the Senior Resource Center and its meal sites more accessible for individuals with sight impairments, the SRC will contact the Division of the Visually Impaired to complete a "Walk Thru" or assessment of the Senior Resource Center and sites to determine what actions can be taken to make it more accessible by December 31, 2018.
4. In order to make the Senior Resource Center more accessible for individuals with hearing loss, the SRC will contact the Division of the Hearing Impaired and determine what types of appliances are available to assist individuals in groups or individually and seek out funding to make them available in the Senior Center by December 31, 2018.

#### **7. Coordination Between Titles III and VI**

***The LCO Aging Unit and the Senior Resource Center directors have already been in discussion of working together with the Adult Respite Program. LCO does not currently offer this service, so we would like to partner together on ours. This is part of our goals. We will also continue to partner with the marketing of the MIPPA grant that we received at the SRC for 2016 and 2017.***

#### ***Services in Support of Caregivers***

1. In order to increase participation in the Senior Resource Adult Respite Program, the SRC will coordinate and partner with LCO Aging Unit to develop a brochure to market and promote the program by December 31, 2016.
2. In order to better serve and meet the needs of caregivers in Sawyer County, the SRC will attempt to collaborate with the LCO Aging Unit and Dementia Network to investigate the development a Caregiver Coalition in Sawyer County by December 31, 2017.
3. The SRC will work with the LCO Aging Unit, Dementia Network and the Caregiver Coalition (if formed) to identify needs of caregivers not being met and develop a plan for meeting those needs by December 31, 2018.

#### **8. Budget – SEE ATTACHED**

## 9. Compliance With Federal and State Laws and Regulations

On behalf of the county, we certify

---

Senior Resource Center, Inc. has reviewed the appendix to the county plan entitled Assurances of Compliance with Federal and State Laws and Regulations for 2016-2018. We assure that the activities identified in this plan will be carried out to the best of the ability of the tribe in compliance with the federal and state laws and regulations listed in the Assurances of Compliance with Federal and State Laws and Regulations for 2016-2018.

---

Signature and Title of the Chairperson of the Commission on Aging	Date
---	------

---

Signature and Title of the Authorized County Board Representative	Date
---	------